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THE NAME'S BAUER — JACK BAUER

24 RIFFS ON JAMES BOND WITH NEW MINISERIES SET IN U.K. — LIVE ANOTHER DAY PAGE 17

Daft decision won't keep punks away: Councillors

Ban on electronic music at Exhibition Place may soon be overturned PAGE 4

Talking frats with Franco

Dave Franco, that is, star of the upcoming comedy Neighbors. Use Metro AR to go behind the scenes of the surprisingly kind film PAGE 16

The man who stemmed the Heartbleeding

Toronto-based Justin Bull was the first to notice that the Heartbleed bug was affecting the CRA PAGE 8

Shady lawyers escape justice

And you thought that bill was robbery ...
Hundreds disciplined by law society, but few see criminal charges

Is justice truly blind?

"I truly believe there are two laws: a set ... for lawyers and a different set for everyone else."

Richard Bikowski, fleeced out of $87,500 by now-disbarred Toronto lawyer Lawrence Burns

They treat client trust accounts as personal piggy banks, facilitate multimillion-dollar frauds and drain retirement savings of the elderly.

While most lawyers caught stealing from their clients are reprimanded, suspended or disbarred by the profession's regulator, the vast majority avoid criminal charges, a Torstar News Service investigation reveals.

Torstar found that more than 230 lawyers sanctioned for criminal-like activity by the Law Society of Upper Canada in the last decade have stolen, defrauded or diverted some $61 million held in trust funds for clients.

Fewer than one in five were charged criminally. Most avoided jail.

In one case, a lawyer took $750,000, in part because he apparently wanted a Lexus. Another used money he was holding in trust for a client to buy an Ottawa condominium.

"I truly believe there are two laws: a set of rules and regulations for lawyers and a different set for everyone else," said Richard Bikowski, who was fleeced out of $87,500 by now-disbarred Toronto lawyer Lawrence Burns.

Despite "misappropriating" close to half a million dollars from four clients, Burns has never faced criminal charges. During his disciplinary hearing, he blamed "undiagnosed depression" and a "minor cognitive impairment" for his thievery, according to law society documents.

Burns, 64, lives in a North Toronto home, zips around town in his Rogue SUV and dotes on customers at his restaurant, The Homeway, at Mt. Pleasant and Erskine.

Decade of thievery

$61M

Torstar News Service found that lawyers sanctioned for criminal-like activity by the Law Society of Upper Canada in the last decade have stolen, defrauded or diverted some $61 million held in trust funds for clients.

Of the more than 1,000 discipline decisions made by the law society in the last 10 years, Torstar identified 236 cases in which lawyers were sanctioned for offences that Torstar characterized as criminal, including theft, fraud, breach of trust, forgery and perjury.

Torstar could find criminal charges for only 41 of these lawyers. In more than half the cases where criminal charges were laid, the law society sanction came afterward. Of those bad lawyers sentenced criminally, the punishments were generally lenient, ranging from house arrest to community service. Torstar found that only 12 went to jail.

Why do so many lawyers who steal from their clients avoid criminal justice?

One big reason is that, unlike the law societies in most other provinces, the Law Society of Upper Canada does not, as a rule, report suspected criminal acts by its members to police. **TORSTAR NEWS SERVICE**

GO TO METRONEWS.CA FOR THE FULL STORY

AGONY AT THE BUZZER

Raptors all-star guard DeMar DeRozan gets a hug as he walks off the floor after losing Game 7 to the Brooklyn Nets by the narrowest of margins, 104-103, in Toronto on Sunday. Also reacting are Kyle Lowry, bottom left, as well as rapper Drake and head coach Dwane Casey, bottom right. The Raptors may have lost the series, but in the eyes of fans it was a great year, and the team's future has never looked brighter. Story, page 24 — plus use Metro AR on that page to see the game told in photos. FRANK GUNN/THE CANADIAN PRESS

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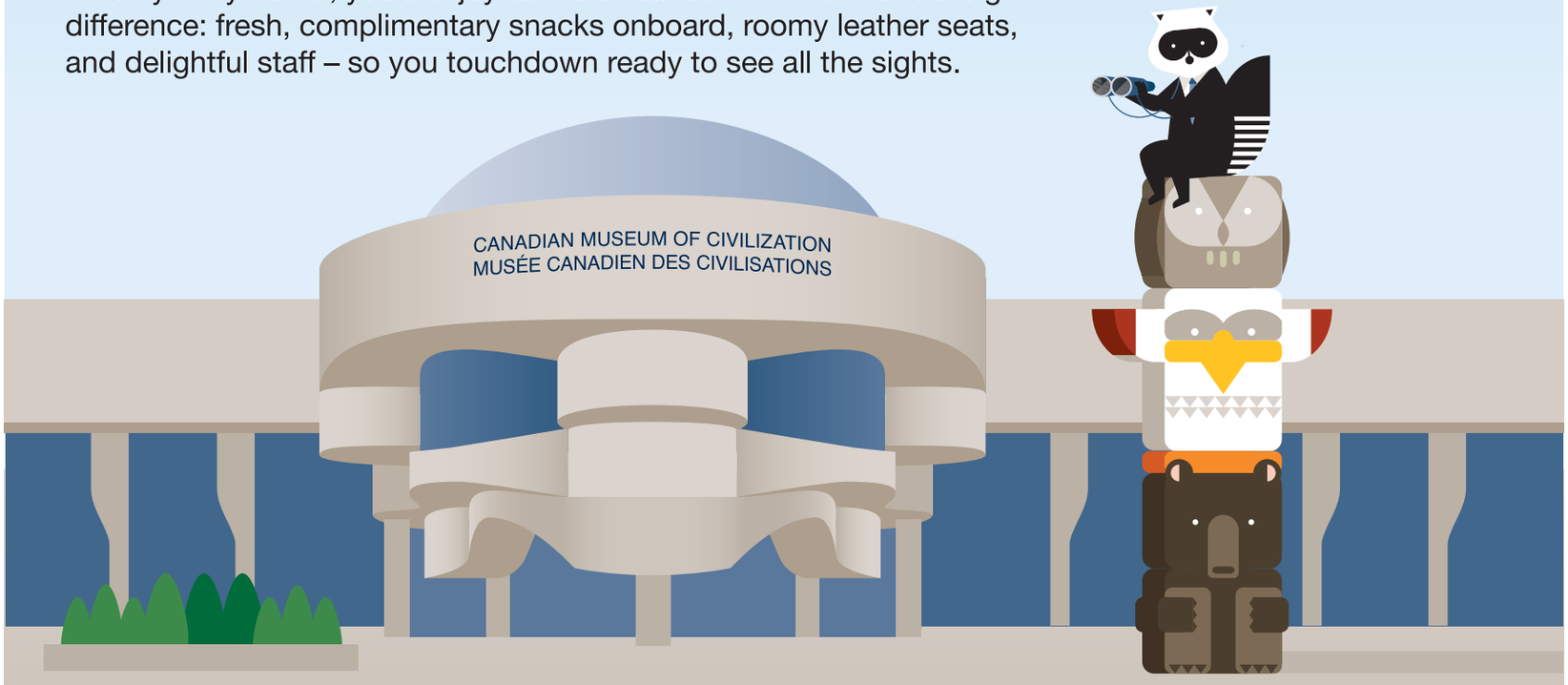

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Latest poll numbers

Cracks in Ford's bedrock support?

In campaign focus groups, Mayor Rob Ford's core supporters were reporting wavering loyalty before the latest scandal hit. New poll numbers show his popularity and chances for re-election have taken a bigger hit in the wake of new recordings of the mayor apparently inebriated and making vulgar comments about women and ethnic slurs.

Ford was elected in 2011 with 47 per cent of the vote. In a mid-April poll, 27 per cent of voters said they would vote for him, well behind Olivia Chow at 34 per cent.

In a November poll, one day after the mayor admitted to smoking crack cocaine, 32 per cent of voters said they would still vote for the mayor if he went to rehab.

A poll conducted Thursday and released Friday by Forum Research Inc. shows 22 per cent would vote for Ford, behind Chow and John Tory. The survey of 888 voting-age Torontonians is considered accurate within 3 percentage points, 19 times out of 20. TORSTAR NEWS SERVICE

Jon Stewart parody of Ford.
CONTRIBUTED/THE CANADIAN PRESS

Young Raptors fans elated over Game 7 tickets

Raptors fans from the Scarborough Basketball Association got a surprise of their lives on Sunday. The 11 boys and four girls, ages 9 to 14, were winners of a draw held during their house league games on Saturday, which meant they'd get to watch Game 7 on a giant screen, joined by a former Raptors player. Or so they thought. Little did they know Canadian Tire Jumpstart Charities, which provides financial assistance to get kids playing sports, had provided them with tickets to the game. The kids reacted with bewildered silence, followed quickly by a raucous cheer.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Inequality seen in the smiles of students

Oral health. High number of young Toronto pupils have never been to a dentist, data shows

A painful measure of inequality exists among students in nearly half of this city's elementary schools, new data obtained by the Torstar News Service shows.

Toronto Public Health hygienists looked inside the mouths of nearly 220,000 students from junior kindergarten to Grade 8 last year as part of an annual free dental health screening program in schools. In the process, 44 per cent of schools were designated "high risk" based on the rotting condition of children's teeth.

"Sometimes the children have been complaining of pain, sometimes they haven't been because they've been living with the pain so long they can't tell otherwise," said Dr. Michele Wong, a manager of dental and oral health services for Toronto Public Health.

Photographs of students' mouths taken during dental screenings portray a startling picture of a public health problem in Toronto that has flown under the radar for years. Broken teeth. Bubbling abscesses. Dark pools of leathery decay.

Root canals are "not uncommon" among these children, said Wong, who started working as a dentist in the public health clinics in 1994. "Seeing a 6-year-old with cavities in every single tooth they have — that's pretty heartbreaking as well."

At two schools in North York, nearly one out of every two students was suspected of having a cavity. At Grenoble Public School in Flemingdon Park, a "high-priority" area where the student population represents more than 73 different languages, more than a quarter of these children required urgent care.

"This is all news to me," said city Coun. John Parker, who represents the Don Valley West riding where Grenoble is located. "It's an area where I expect there would be less attention to dental health but I wouldn't have guessed at the magnitude."

In contrast, Toronto hygienists found no signs of cavities in any of the students at Cottingham Public School, which is sandwiched between the affluent Rosedale and Summerhill neighbourhoods. Three of 108 students were recommended for dental cleaning.

TORSTAR NEWS SERVICE

At a glance

- The majority of high-risk cases are found in the city's poorer, peripheral regions of North York, Scarborough and Etobicoke.
- A new study out of St. Michael's Hospital, published on Monday in Pediatrics, cites sociodemographic conditions and the lack of universal access to dental health care as a threat to early childhood health.

Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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Bring that beat back. Exhibition Place's ban on electronic music may end

Councillors who opposed an Exhibition Place board decision to effectively ban electronic music events will ask council to reverse it next week, claiming it was made hastily and in bad faith.

A motion from Coun. Mike Layton asks council to "require" the board of governors to reverse the policy made in April. The motion will be brought to council on May 7.

The current policy prevents Exhibition Place from striking any deals to host electronic dance music concerts. One event has already been cancelled, said Layton, who sits on the board and opposed the policy at the April meeting.

The policy was hastily adopted after Coun. Giorgio Mammoliti, a Ford supporter, and competing Muzik nightclub owner Zlatko Starkovski pushed the issue of safety. City council originally approved the large event space for electronic music concerts in 2000 after a review by Toronto Public Health.

Concerns

In April, Muzik owner Zlatko Starkovski raised concerns about the people who attend these types of events.

- "I think drug dealers, pedophiles and people of that nature flock to these places thinking they can sell drugs to kids," the Toronto Sun reported Starkovsi as saying. "We have the opportunity to save children's lives."

Ford — who a Torstar investigation revealed was recently allegedly witnessed doing cocaine, vomiting in toilets and getting in an altercation with Justin Bieber at Muzik — is a frequent patron of the nightclub. Charles Khabouth, CEO of Ink Entertainment, which ran several events out of Exhibition Place, says he believes the policy will be overturned.

TORSTAR NEWS SERVICE

Teacher says every time the tongs ring, a hungry customer gets their wings

Torontonians Krutika Sequeira and Teresa Tran get served slow-smoked wings from Lou Dawgs, as crowds line up to taste the best wings the city has to offer, at the third annual Toronto Wing Festival on Sunday at Daniels Spectrum. Local restaurants including Hooters, The Pour House, Whistlers, Lou Dawgs, Real Sports Bar & Grill and The Office Pub battled it out for the title of Best Wings in Toronto. BERNARD WEIL/TORSTAR NEWS SERVICE

Traffic

Fatal crash wreaks havoc on QEW

A traffic snarl that snared thousands of motorists Sunday was sparked by tragedy: a multi-vehicle collision on the QEW that killed one and injured six. Police said the 7:30 a.m. crash near Dixie Road in Mississauga took the life of a 30-year-old man and involved five vehicles. TORSTAR NEWS SERVICE

Kathleen Wynne

Premier says PM is playing politics with pension pitch

Ontario Premier Kathleen Wynne says she doesn't want her pitch for a provincial pension plan to get bogged down in a war of words with Stephen Harper.

"The discussion has become about the politics of this. For me, it's about making sure that people who are concerned about their retirement have some security," she said Sunday in Toronto. THE CANADIAN PRESS

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Nigeria

President says 'everything must be done' for kidnapped girls

Nigeria's President Goodluck Jonathan met through the night with security, school and state officials and issued a new directive that "everything must be done" to free the 276 girls held captive by Islamic extremists, an adviser said.

It was the first time the president met with all stakeholders, including the principal of the Chibok Government Girls Secondary School in northeastern Nigeria where the girls and young women were kidnapped on April 15, presidential adviser Reuben Abati said.

Nigerians' outrage at the failure to rescue the students and protest marches in major Nigerian cities have spurred Jonathan's government to action.

Parents, who have lost confidence in the government and military, have asked for international help. THE ASSOCIATED PRESS

Afghanistan. Country mourns hundreds of victims killed in landslide

As Afghans observed a day of mourning Sunday for the hundreds of people killed in a horrific landslide, authorities tried to help the 700 families displaced by the torrent of mud that swept through their village.

The families left their homes due to the threat of more landslides in the village of Abi Barik in Badakhshan province, Minister for Rural Rehabilitation Wais Ahmad Barmak said.

Another reason for the evacuation was the threat of flooding caused in part by the landslide itself, said Mohammad Daim Kakar, from the Afghanistan Natural Disaster Management Authority.

Engineers are working on a plan to divert the water, he said. Authorities still don't have an exact figure on how many people died in the landslide, Barmak said, and estimates have ranged from 250 to 2,700. THE ASSOCIATED PRESS

Afghans search for survivors buried after a massive landslide in Badakhshan province, northeastern Afghanistan. HOMAYOON RAHMANI/THE ASSOCIATED PRESS

A man is greeted by supporters after being released from a local police station which was stormed by pro-Russian protesters in Odessa, Ukraine, on Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Pro-Russian activists free jailed comrades

Ukraine. Several people were jailed for involvement in violent clashes on Friday that killed 40

Outrage over the deaths of pro-Russian activists in riots in Odesa triggered new violence Sunday in the Black Sea port, where a mob of protesters stormed police headquarters and freed dozens of their jailed allies.

The activists had been jailed for their involvement in clashes Friday that killed more than 40 people — some died from gunshot wounds, but most from a fire that broke out in a trade union building. It was the worst violence in the Ukrainian crisis since more than 100 people died in Kyiv in February.

Ukrainian Prime Minister Arseniy Yatsenyuk visited Odesa on Sunday to try to defuse the mounting tensions and hinted strongly that he saw Moscow's hand in the unrest spreading through southeastern Ukraine.

Concerns are mounting that Moscow ultimately aims to take control of a huge swath of southeastern Ukraine from Trans-Dniester to Russian-dominated industrial areas in the east. Russian President Vladimir Putin, who calls the area historically Russian lands, has said he doesn't want to send in troops but will if necessary to protect his country's interests.

The Interior Ministry said 67 activists had been released on prosecutors' orders. Prosecutors, however, later said they had nothing to do with the release and accused the police of failing to carry out their duties.

Putin spoke by telephone Sunday night with German Chancellor Angela Merkel, the latest in a series of discussions they have had about Ukraine.

The Kremlin said they agreed on the importance of the role to be played by the Organization for Security and Cooperation in Europe, and said Swiss President Didier Burkhalter, whose country currently chairs the OSCE, would visit Moscow on Wednesday. THE ASSOCIATED PRESS

Canada-Russia relations

Canada imposing sanctions

Ottawa says it is imposing economic sanctions on 16 more Russian "entities" over that country's actions in Ukraine.

Prime Minister Stephen Harper issued a statement Sunday saying Russia's "illegal occupation of Ukraine and provocative military activity" remain a serious concern. Harper says the latest measures should increase the economic pressure on Russia and "those responsible for the crisis in Ukraine."

In the last couple of months, the Harper government has imposed a number of political and economic sanctions against senior officials and some institutions in Russia and Ukraine. THE CANADIAN PRESS

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Unsung hero of Heartbleed scare

Justin Bull.
Self-described cyber-security nut was the first to notice the CRA website's vulnerability

SAM SMITH
For Metro in Vancouver

Justin Bull

You know that tax-deadline extension that finishes May 5 at midnight? You've got Justin Bull to thank for that.

The 23-year-old, Toronto-based self-described cyber-security nut was the first to notice Heartbleed affecting the Canadian Revenue Agency (CRA), beating out their own cyber-security officers and potentially saving even more taxpayers from harm.

Bull's foresight and technical mind resulted in the five-day tax-deadline extension to May 5 at midnight, as well as the findings that 900 taxpayers' information was compromised.

"I subscribe to a security mailing list, and on Monday, April 7 a bulletin was published about the massive Heartbleed problem," Bull said.

"On Monday it was theoretical, but by Tuesday at 9 a.m. I got a followup post that read, 'We are screwed.' It showed how the theoretical problem was now a practical one."

Bull, who runs several computer servers himself, began to check on them to see if they were vulnerable. They were.

"I started freaking out and so I checked my bank to see if it was a problem there, but it wasn't," he said. "But it got me thinking about other potentially vulnerable websites, and then it dawned on me that it's tax season, and so I checked it out."

After some testing, Bull confirmed his worst fears — the CRA was exposed to Heartbleed.

"At this point every hour counts," he said. "I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Within a few hours the CRA had shut down its electronic services, and soon after, it announced an extension to the tax deadline.

Bull himself used the deadline to get his taxes in on time for the first time in years.

While Canadians across the country have Bull to thank for the reprieve, he is still unsettled by the scare.

"What's worrisome is (the hacker) found a way to potentially purge (the 900 accounts affected) from the system, which suggests to me he got in through an administrator account."

Lost seamen commemorated

A member of the Canadian military plays the Last Post during the Battle of the Atlantic memorial ceremonies at the Eternal Flame on Parliament Hill in Ottawa on Sunday. Veterans, current service men and women, politicians and dignitaries gathered to commemorate the single longest battle of the Second World War. FRED CHARTRAND/THE CANADIAN PRESS

Young blood, literally

Injections improve vitality of older mice

Older mice got stronger, exercised longer and performed better mentally after they were injected with blood from young mice, or even just with a substance that's more abundant in younger blood, U.S. researchers found.

Someday, if more research goes well, this may lead to a way to treat some infirmities of old age in people.

Researchers worked with mice that were roughly the equivalent of people in their 20s and 60s. They repeatedly injected the older mice with blood from either the younger animals or other aged mice.

Those that got the young blood did better in learning and memory tests than mice given the older blood. For example, they performed better at recalling where to find a submerged platform in a maze. THE ASSOCIATED PRESS

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Gene Robinson

First openly gay U.S. Episcopal bishop to divorce

The first openly gay Episcopal bishop, who became a symbol for gay rights far beyond the church while deeply dividing the world's Anglicans, plans to divorce his husband.

Bishop Gene Robinson has never been fully accepted within the more than 70 million-member Anglican Communion. Robinson announced the end of his marriage to Mark Andrew in an email sent to the Diocese of New Hampshire, where he served for nine years before retiring in 2012. Robinson did not disclose details about the end of their 25-year relationship, but wrote Sunday in The Daily Beast he owed a debt to Andrew "for standing by me through the challenges of the last decade."

THE ASSOCIATED PRESS

Unauthorized building

Bridge in south Chinese village collapses

A stone arch bridge under illegal construction in a village in southern China collapsed, killing 11 people and injuring several others, state media and an official said Sunday.

Rescuers pulled out 26 people, mostly construction workers, after the bridge came down Saturday afternoon in Liangkengkou village in Guangdong province, according to an official at the information office of Maoming city government.

Five of them were confirmed dead at the scene. Eight others were seriously injured, six of whom died later in the hospital, said the man, who refused to give his name, as is common with Chinese officials.

THE ASSOCIATED PRESS

Acrobats injured in aerial stunt

Rhode Island. Eight performers hanging by hair fall 12 metres, dancer below injured as well

A platform collapsed during an aerial hair-hanging stunt at a circus performance Sunday, sending eight acrobats plummeting to the ground. Nine performers were seriously injured in the fall, including a dancer on the ground below, while an unknown number of others suffered minor injuries.

The accident was reported to police at about 11:45 a.m., 45 minutes into the Ringling Brothers and Barnum and Bailey Circus' Legends show at the Dunkin' Donuts Center in Providence.

Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said the accident happened during an act in which eight performers hang "like a human chandelier" using their hair.

He said the metal-frame apparatus from which the performers were hanging came free from the metal truss it was connected to. The eight women fell up to 12 metres, landing on a dancer on the ground.

Providence Public Safety Commissioner Steven Pare said officials haven't yet determined what caused the accident. He said none of the injuries appear to be life-threatening.

THE ASSOCIATED PRESS

Sao Paulo marches for Pride

Participants carry a rainbow flag as people march during the annual Gay Pride Parade in Sao Paulo, Brazil, Sunday. Gay rights advocates are calling for a Brazilian law against discrimination as they gather by the hundreds of thousands in Sao Paulo for one of the world's largest gay pride parades. ANDRE PENNER/THE ASSOCIATED PRESS

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Feel like a twit for falling for Twitter?

HOW TO ROLL
Alison Griffiths
metronews.ca

If you're looking for stock market love, be aware that those social media affairs can be mighty fickle. Take Twitter. Mere months ago, the IPO (initial public offering) that launched Twitter onto the big board at the New York Stock Exchange was everyone's darling. Now, its shares are as appealing as a warm glass of champagne the morning after the night before.

What happened? To understand what is going on with Twitter, it's important to know a bit about listed companies.

There are basically three kinds of stocks: momentum, growth and value. Of course, there are a multitude of nuances within those very broad categories, but essentially most stocks fall within one of those designations.

Momentum stocks don't need anything more than a good story. Investors interested in momentum will jump on a stock like a surfer on a wave. But unlike surfers, they also jump off at the slightest hint the wave is cresting.

Did Twitter lure you in, only to break your heart? GETTY IMAGES

Growth stocks require not only booming revenues, but also earnings that are projected to leapfrog ahead of the pack. Some companies have tons of cash and grow by acquiring other companies. Others have unique products or services that are in high demand. Growth investors will watch for any sign that revenues and earnings are declining.

Value stocks such as Canadian banks and utilities tend to be the Steady Eddy of the stock market world. Those who are looking for lower risk, regular dividends and the promise of gradual stock price increase over time orient themselves to these kinds of companies.

Now to Twitter. It began as a momentum stock. Unlike many in that category, it progressed to growth stock status with real revenues, earnings and, most importantly, a quickly rising user base. Without the latter, there is no growth and no increase in income.

Herein lies the problem. Twitter just announced that the pace of new Twitter users has decreased from 30 to 25 per cent on an annualized basis. No one expects Twitter to graduate to a value stock any time soon. So, without a momentum story and with the first indication of slowing growth, investors are taking their money elsewhere.

Flying. Bed, bath and beyond in first class

Talk about some serious legroom.

Etihad Airways, a fast-growing Mideast carrier, laid out plans Sunday to offer passengers who find first-class seats a bit too tight a miniature suite featuring a closed-off bedroom, private bathroom and a dedicated butler.

It is the latest salvo in the worldwide battle among airlines for well-heeled customers. Their willingness to spend big on premium seats can make a big difference to an airline's bottom line.

The Abu Dhabi-based carrier revealed the front-of-plane amenities as part of a broader rollout of plush new cabin offerings for dozens of long-range jetliners it plans to receive over the coming years.

Etihad's CEO conceded the first-of-its-kind multi-room suite helps generate buzz, but added that it is a serious effort to bring in cash.

THE ASSOCIATED PRESS

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SOUND OF SILENCE AT CITY HALL

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Last Wednesday night, the Toronto Raptors were midway through the second quarter of Game 5 when everything got interrupted by a literal explosion of Rob Ford news.

We've seen Ford newsplosions before, but nothing quite like this. First came reports that Ford was stepping away to go to rehab. Then came stories of an audio recording of an inebriated mayor saying awful sexist and racist things. Then — because hit movies always spawn sequels — we got word of a second video of Ford smoking what looks to be crack cocaine.

The stories sent every journalist in this city into overdrive through the night and into Thursday morning. But a funny thing happened after the dust settled. With the mayor well and truly gone from Toronto and Deputy Mayor Norm Kelly assuring us that he's got things under control, things around city hall got quiet.

Very, very quiet.

For the first time in a long time, there was no Ford-related news and no real possibility of any new Ford-related news breaking. For at least 30 days — probably longer — Ford won't be around to suck up attention. Toronto is a Rob Ford-free zone.

That's a good thing for Ford — who clearly needs time to get help — and an amazing opportunity for this city. My concern since day one of this municipal election is that the choice at the ballot box would ultimately come down to a referendum on Ford's behaviour. But his absence means candidates can actually talk about policy and plans without the Ford circus distracting from what they're saying.

For Olivia Chow, David Soknacki, Karen Stintz and John Tory, they'd be crazy not to take advantage of this. For the next month, let's see a flurry of policy announcements. Let's get people talking about the issues that should be central to this campaign: transit, housing and the fiscal imbalance between city hall and the other orders of government.

And why not schedule a debate or two? Maybe without the Ford factor, candidates will feel emboldened to talk about things in a more substantive way, and not just fire slogans at one another.

Okay, that's probably too optimistic. But still, it's worth a shot. Yes, the announcement of a provincial election muddies the field a bit, but it doesn't mean that municipal candidates should just wait things out. Voters will have politics on the brain — let's keep them thinking about municipal issues as well.

If candidates can manage to do that, they've got a real chance to turn this election on its head. Instead of being all about Rob Ford, this could be an election about the future of this city and the people who call it home. And that sounds a lot better to me.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Sea stars vanish into the sea

Scientists are making progress trying to figure out what is causing the mass die-off of sea stars along the entire west coast of North America. Sea Star Wasting Syndrome has decimated the creatures from Alaska to Mexico, wiping out some colonies off the coast of British Columbia. HANDOUT

Scientists narrow in on Sea Star Wasting Syndrome

Scientists are making some headway in figuring out what is killing millions of sea stars in the waters off the Pacific coast, from British Columbia to Mexico.

While a definitive answer eludes them, researchers suggest a pathogen — either bacterial or viral — is responsible for the death toll.

Populations of several different species have been wiped. THE CANADIAN PRESS

Disintegration

The disease was first noticed last summer, among sunflower sea stars near Vancouver and Seattle. Within weeks, whole colonies had dissolved into the sea. White lesions appear on the arms of the sea stars. Very quickly, they begin to deteriorate until their arms fall off. Eventually, there's nothing left but "goo."

Just gathering specimens for testing was a challenge because the creatures disintegrated so quickly. THE CANADIAN PRESS

High toll

- Sunflower sea stars were the first found disintegrating on the ocean floor, but the disease has not been discerning. Morning sun, mottled, giant pink, and purple stars have suffered the highest mortality.
- In the pockets where the syndrome takes hold, mortality is upwards of 95 per cent.

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Worth mentioning. In dry times, California city mulls restarting its old desalination plant to suck up seawater

The seaside city of Santa Barbara thought it had the perfect solution the last time California withered in a severe drought more than two decades ago: Tap the ocean to turn salty seawater to fresh water.

The $34-million desalination plant was fired up for only three months and mothballed after a miracle soaking of rain.

As the state again grapples with historic dryness, the city nicknamed the "American Riviera" has its eye on restarting the idled facility to hedge against current and future droughts.

"We were so close to running out of water during the last drought. It was frightening," said Joshua Haggmark, interim water resources manager. "Desalination wasn't a crazy idea back then."

Joshua Haggmark, interim resources manager for Santa Barbara, Calif., stands next to a desalination plant. ALICIA CHANG/THE ASSOCIATED PRESS

Removing salt from ocean water is not a far-out idea, but it's no quick drought-relief option. It takes years of planning and overcoming red tape to launch a project.

Santa Barbara is uniquely positioned with a desalination plant in storage. But getting it humming again won't be as simple as flipping a switch.

After the plant was powered down in 1992, the city sold off parts to a Saudi Arabia company. The guts remain as a time capsule — a white elephant of sorts — walled off behind a gate near the Funk Zone, a corridor of art galleries, wineries and eateries tucked between the Pacific and U.S. 101.

The city estimates that it will need $20 million in technological upgrades, a cost likely to be borne by ratepayers. THE ASSOCIATED PRESS

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ATHLETES CHAMPION THE POWER OF PLAY

At Canadian Tire Jumpstart, we believe that all kids deserve the chance to play, and our athlete ambassadors do too. They know what it means to work hard, to dedicate time and resources, and to be given a chance to participate. One in three Canadian kids are not given this chance. Financial barriers such as registration, equipment and transportation fees keep many kids from getting in the game.

That's why Jumpstart, a national charity dedicated to helping kids from financially disadvantaged families participate in organized sports and physical activity programs, is working to close this gap. Equipping kids for life through sports does more than improve health and well-being; it helps them develop a sense of belonging to the community, lifelong friendships, life skills such as confidence and teamwork, and the inspiration to excel on and off the field.

Across Canada, Jumpstart has a network of athlete ambassadors who share and support this vision. They embody the best values of sport, and recognize the impact it can have on shaping Canada's future through younger generations. These athletes have been our mentors, our role models and our inspiration, and they recognize the importance of keeping all children and youth active because We 'Can' All Play for Canada.

CHARLES HAMELIN

Sport: Speed skating
Mantra: Have fun doing it and play fair.
Why did you partner with Jumpstart?
"Health is really important for kids and sport is the best way to get healthy and active. I was lucky that my parents were good examples for me in sport when I was young. Jumpstart is there to make sure that all kids have opportunity to get involved in sport and at the same time make Canada's future healthier."

MAËLLE RICKER

Sport: Snowboard cross
Mantra: If plan A doesn't work, there are 25 other letters in the alphabet.
Why did you partner with Jumpstart?
"Participating in sport growing up impacted my life in many positive ways on and off the mountain, and Jumpstart is an amazing charity that helps children get those amazing sporting opportunities as well."

ROSIE MACLENNAN

Sport: Trampoline
Mantra: As long as I breathe.
Why did you partner with Jumpstart?
"I was brought up in a very active family and participating in sport was always a way for my siblings and me to connect to each other but also to new friends. It was a way for us to learn and find something that we were really passionate about. It also let us face challenges and overcome them. I think it is so important for kids to get involved in sport, but there is not always a way, and Jumpstart is changing that."

BENOÎT HUOT

Sport: Paralympic swimming
Mantra: Never give up on your dreams and make every day count.
Why did you partner with Jumpstart?
In August of 2013, Benoît became Jumpstart's newest ambassador and has been working with Jumpstart from his home province of Quebec to help increase access to sport for athletes at all levels. He is the perfect example of a professional athlete who breaks down barriers.

JONATHAN TOEWS

Sport: Hockey
Why did you partner with Jumpstart?
"If kids don't have the same chances I did as a kid, they don't quite have the same chance to accomplish their dreams. "Maybe they have dreams of being a professional someday or they just want to have fun, make friends and learn what it takes to be on a team."

It's always easier to pursue your dreams when you have help, and these athletes know it's easier to succeed when you have the support of your parents, friends, neighbours, teachers, coaches and community. Thanks to our network of supporters, Jumpstart is part of every community in Canada.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) get off the sidelines and into the game. To apply for funding, donate, or learn more about Jumpstart and the impact we're making in your community, please visit canadiantire.ca/jumpstart.

MARK MCMORRIS

Sport: Snowboard
Mantra: Give'r!
Why did you partner with Jumpstart?
"I have been participating in sports since I can remember and Jumpstart gives kids the opportunity to participate in sport. Charities like Jumpstart hit home for me. I'm glad to stand behind something that is doing the right thing for kids in Canada."

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JUMPSTART GIVES KIDS A SPORTING CHANCE

With summer around the corner, many Canadians are looking forward to getting outside and active, and participating in their favourite sports and physical activities. However, many kids this year will not have the chance to get in the game. In fact, one in three Canadian families cannot afford to enrol their kids in organized sports and physical activity programs, which means they are missing out on the many benefits that come with organized play.

However, Canadian Tire Jumpstart and the City of Toronto's Parks, Forestry and Recreation Department are working to close this gap. In 2012, Jumpstart and the City of Toronto started running basketball and cricket day camps for kids between the ages of seven and 15 who are from financially disadvantaged families. Each camp runs from seven to nine weeks, giving kids in the program the chance to develop the confidence, social skills and discipline that come with participation in organized sports and physical activity.

"The camps are held all over the city, but our main focus is on what we deem priority neighbourhoods," says Blaine Felix, a community development worker with the City of Toronto. "There are 22 priority neighbourhoods in Toronto, many of which house new Canadians and families with financial challenges. Thanks to support from Canadian Tire Jumpstart, the Parks, Forestry and Recreation Department is able to provide staff and equipment for the basketball and cricket camps."

Many kids in Toronto's priority neighborhoods come from South Asian countries such as India and Sri Lanka, where cricket is popular. When Felix suggested the city start a cricket camp due to a high demand for it, Canadian Tire Jumpstart was ready to help.

"Since Jumpstart started in 2005, we have helped more than 48,000 kids in Toronto alone," said Cam Beach, Toronto Canadian Tire Dealer. "The impact that Canadian Tire Jumpstart has in our communities is priceless, and we are happy to help out kids from the local community where we can."

Participation in sports and physical activity equips kids for life because those who get the chance to participate make friends, and they develop a sense of belonging to the community. They also develop life skills, such as confidence and teamwork, and they learn to live healthy, active lives.

"We're reaching the most vulnerable kids with the least amount of resources," says Felix. "The beauty of sport is that it's a universal language. It's a great way to meet people, and it opens doors in the communities."

You can help create opportunities for kids in your community to participate and play by supporting the Jumpstart Red Ball campaign. Throughout May, head into your local Canadian Tire, Mark's, Sport Chek, Atmosphere, National Sports, Sports Experts, or Canadian Tire Gas+ location and donate $2 in exchange for your own Jumpstart Red Ball, representing the gift of play you are giving to a deserving child. One hundred per cent of your donation helps kids in your community. To learn more about how Jumpstart is making an impact in your community or to make a donation, visit canadiantire.ca/jumpstart.

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Mom in the Movies

By. Richard Corliss

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Where have all the movie moms gone? This rich, engaging exploration mourns their recent fading from modern screens by reminding us of their past diversity as protectors, peacekeepers, martyrs, matriarchs, victims, and scene-chewing villainesses. Large photo galleries and side essays from Debbie Reynolds, Carrie Fisher, and Tippi Hedren help remind us all that we're missing out.

What's it like being chased by fan girls?

Neighbors. Dave Franco — younger brother to James — dodges some screaming fans to sit down with Metro

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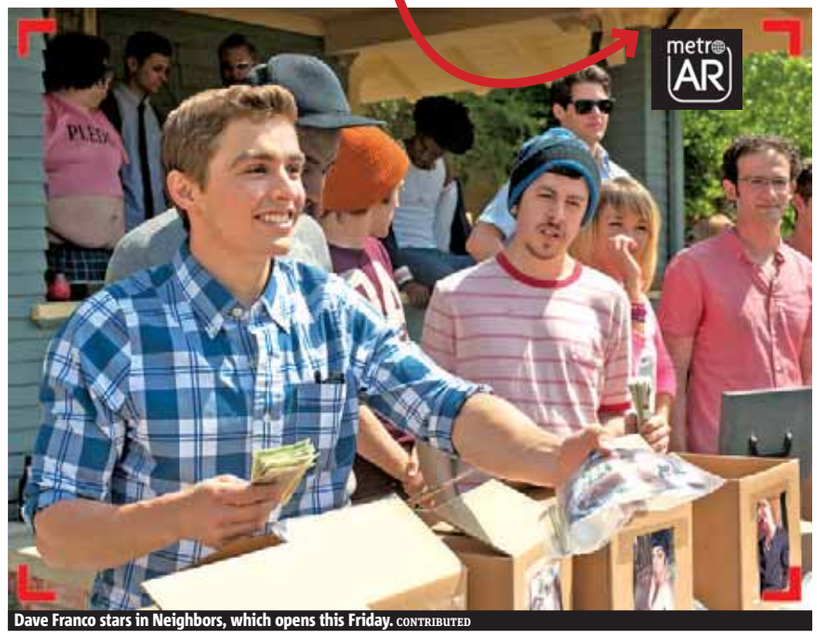

Dave Franco stars in Neighbors, which opens this Friday. CONTRIBUTED

This must be what being a Beatle felt like. In one of the more interesting interview scenarios I've encountered, the reps for Neighbors tossed Dave Franco and myself in the back of an SUV to circle the neighbourhood around their makeshift frat house at SXSW so that we could talk in peace. See, the screaming girls who'd been following Franco and co-star Zac Efron around had found the house. So into the SUV we went.

Animal House aside, you don't normally see frat guys depicted in a positive light.
What I love about this movie is you get to choose sides, and there's not a clear villain or hero. At the beginning of the movie, my character is ... a little similar to parts I've played in the past in terms of being a little more villainous and kind of douchey. And then as the movie progresses, you get to see me interacting with my frat brothers more, and you get to see the human side, some vulnerability and that this guy is a good person, deep down. And I give [director Nick] Stoller credit for making these well-rounded characters and for making it something where the audience is going to probably flip-flop in terms of who they're rooting for.

You were never in a frat, right?
I wasn't, but I went to USC, where the Greek system is huge. I had friends who were in fraternities so I'd go to their parties, but it would always be awkward for me because my friends would invite me, but then the rest of the fraternity brothers who didn't really know me always questioned why I was there, because the rest of them went through this crazy pledge semester and Hell Week, and I didn't earn that. But I did experience to some degree similar party atmospheres to those you see in the movie.

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24 returns to Live Another Day

London calling. With a 12-episode miniseries about to premiere, 24's executive producers bring Jack Bauer's world of intrigue to the U.K.

NED EHRBAR
Metro World News in Hollywood

Jack Bauer is back. After four years off the air, the action series 24 returns with a 12-episode miniseries, 24: Live Another Day. We tried to pry some info out of executive producers Manny Coto and Evan Katz about the new story and what may be next for Jack. Let's just say they held up under interrogation.

How does it differ approaching 12 episodes instead of 23 or 24?
Manny Coto: It's easier in the sense that it's half the work, but it's also challenging in the sense that the stories are more concentrated in 12 episodes. There's less room for wiggle. In a 24-episode season, there were episodes that were transition episodes. There were episodes where not as much happened as in other episodes. But in this season, every episode has to be an A episode, has to be a premiere episode. There's no taking-us-from-one-story-to-the-next episode. It's 12 episodes of high points. In this season, we really just pressed the pedal down hard and went all the way for what we're doing.
Evan Katz: Pedal to the metal.
Coto: Right. I just didn't want to say the cliché.

Is this an example of the effect of successful cable shows, which have shorter seasons?
Coto: I don't really think that was the idea. This is kind of what they wanted. We were told, "Let's do a 12-episode thing." I personally would've gone to 24, but I'm the only person apparently in the room who would've done that.
Katz: I would not have.
Coto: Evan would not have. I liked the original format. However, this is something that has worked astoundingly well. But we're not doing a cable show. It's 24, but it just happens to be 12 episodes. We do still have a way to cover a full day. It will be 12 hours out of a 24-hour period, but each episode is in real-time.

What about the decision to set it in London?
Katz: It was a way to bring back the series in a bold and different way, and it reflected the character's exile at the end of Season 8. I mean, he fled the country and is in exile. And there's something exciting about seeing Jack Bauer racing through the streets of London. It's a completely different environment. Jack's a very American hero, and it's kind of the old "ugly American in a foreign country." (laughs) This time the American is running around with a gun and blowing things up. We're inflicting Jack on London.

The "Ugly American"

"This time the American is running around with a gun and blowing things up. We're inflicting Jack on London."

Evan Katz, executive producer, 24: Live Another Day

How are you going about incorporating how the world has changed since Season 8, especially recent developments in the intelligence industry?
Katz: There are a couple of things that have happened in the world in the last four years since the show went off, and that is one of them. We'll put it this way: events have offered us some great and real-feeling story possibilities. In other words, we can't tell you.

Has there been talk about what might happen to the franchise after this?
Katz: Not really. We're trying not to dwell on that right now. We have enough to do. But you know, it's also relevant to how we're ending this particular batch and what we see the future of the character as.

Kiefer Sutherland's Jack is back in 24: Live Another Day. GLOBAL

Air time

24: Live Another Day premieres tonight, May 5, at 8 p.m. ET/PT on Global.

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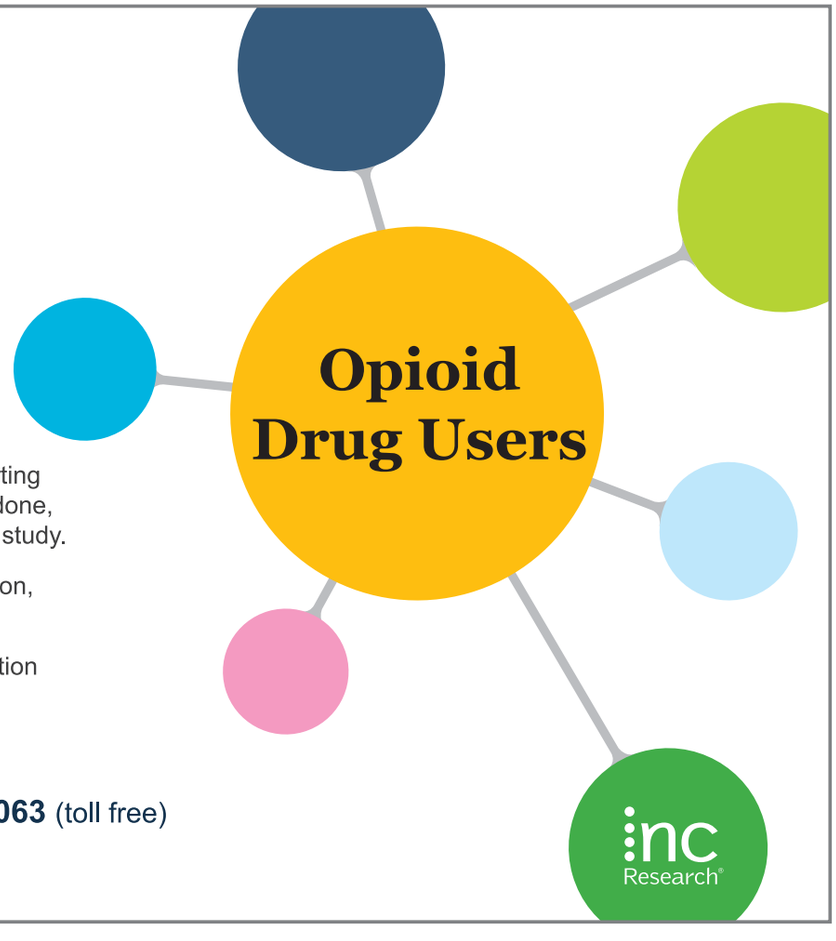

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

How many new Coldplay songs will it take to mend a broken heart?

STARGAZING
Malene Arpe
scene@metronews.ca

Chris Martin says he's largely to blame for his recent "conscious uncoupling" from Gwyneth Paltrow. In that he really wanted to get away from her.

Rumours persist that Gordon Ramsay recently got a second hair transplant. Says a rep for Ramsay, "Shut your bleeping bleep, you bleeping liar."

To prepare for playing Elton John in the upcoming biopic, Tom Hardy has been wearing the singer's old clothes. Is it weird that I find the thought of Tom Hardy in boa ... interesting?

Chrissy Teigen says that she and husband John Legend recently had mile-high sex under a blanket in first class and that they should "get a trophy for that." Appropriate responses to this unsolicited information include: 1) Eww. 2) Blerg. 3) First-class cooties, amirite? 4) Gross. 5) Still not as bad as the four snotty toddlers screaming non-stop on my last nine-hour flight.

Rumours persist that Rihanna and Katy Perry were observed dancing very, very close. Says a rep for the two, "Shut your titillating tantalizer, you fantasizing liar."

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UNDERSTANDING MENTAL ILLNESS

ONE IN FIVE CANADIANS ARE AFFECTED

Depression. Attention deficit disorder (ADD). Anxiety. Addiction. Schizophrenia. These are examples of the wide variety of mental health issues one out of every five Canadians suffer from, and for many these medical conditions can be debilitating.

Some people suffer short-term episodes of depression or anxiety that is debilitating to the point they can't work or function normally. Others have issues around anxiety and fear that prevents them from doing certain activities. For others, mental illness is a lifelong burden that has environmental, psychological or biologic roots.

"Mental illness can affect people at all ages any stage of life," says Dr. Michael Teehan, president of the Canadian Psychiatric Association. "About 70 per cent of mental health problems start during adolescence and early adulthood, and extend into the adult years."

Mental illness is the second leading cause of disability and premature death (often by suicide) and costs Canadians roughly $50 billion per year. The most common problems are depression and anxiety with eight per cent and 12 per cent of people suffering an episode in their lifetime, respectively. Anxiety includes conditions such as phobias, panic attacks, social dysfunction and more.

Men and women both suffer mental illnesses, but there can be differences. According to the Canadian Mental Health Association, addiction rates are higher in men, but women have higher rates of mood and anxiety disorders. More than 75 per cent of suicides involve men, but women attempt suicide three to four times more often. Nearly 4,000 Canadians commit suicide each year, 90 per cent of whom suffered a diagnosable mental illness.

Teehan says there are psychological approaches that help people understand and cope with their condition, medication, and social interventions, such as helping people get out of abusive or difficult situations.

Early diagnosis to either confirm or rule out mental health illness can prevent problems from getting worse. Need help? Ask your local doctor or nurse practitioner for guidance.

– Pippa Wysong

BY THE NUMBERS

- One in 20 people have a diagnosable mood disorder (depression or bipolar disorder);
- One in 20 have an anxiety disorder;
- One in 30 have a problem with addiction, either alcohol or illicit substances;
- One in 50 are at risk for addictive gambling problems;
- Three per cent of women and 0.3 per cent of men develop an eating disorder at some point.

Source: Public Health Agency of Canada

SHUTTERSTOCK

A good start to combat PTSD is asking for help

Effects can linger for months, even years

Seeing someone die violently. Sexual assault. Childhood abuse. A car accident. These are all examples of traumatic events that can lead to post-traumatic stress disorder (PTSD).

While some people recover from the horror of these events, for others the effects can linger for months, or even years. Symptoms can include reliving the events through flashbacks or nightmares, or when seeing situations that remind you of the event.

"PTSD happens because a traumatic event causes changes to the brain that cause fear and anxiety to persist long after the event," says Julie Martin, program co-ordinator of the program for traumatic stress recovery at Homewood Health Centre in Guelph, Ont, which has one of the largest PTSD treatment programs in Canada. "With PTSD you overrespond to fearful situations."

PTSD sufferers experience intense anxiety, can't concentrate, have outbursts of anger or bouts of crying. Some feel an emotional distance to the world around them — it's like part of the emotional part of the brain shuts down. Depression commonly accompanies PTSD and, without help, some people are at risk for suicide.

About nine per cent of Canadians suffer from PTSD at some point. Treatment for PTSD involves talk therapy (counselling), medications, or both. Asking your doctor for help is a good place to start.

"The key to recovery from the symptoms of PTSD is to create safety, grieve losses and strengthen sense of self," Martin says.

– Pippa Wysong

SHUTTERSTOCK

#phine

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Saying you're fine when you are not.

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LIFE 3

Five more reasons we often find ourselves in Debt Hell

Debt's a losing game.
And you have to be prepared for those times in life when you may be dealt a bad hand

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Gambling can put you on a slippery slope toward financial disaster, plain and simple. ISTOCK

Last week I talked about five ways people end up going into debt. From not being prepared with an emergency fund to not putting the effort into managing money responsibly, there are plenty of ways to get into debt. Here are yet five more ways people dig themselves a debt hole, often without ever thinking about what they're doing wrong.

Expenses go up, but spending doesn't go down

There are the people who buy a home and think they can still eat out six nights a week. Then there are the people who have kids and still think they can spend $600 on a handbag. Or how about the people who start their own businesses and still think a vacation every year is their right?

Whenever you make a move that sends your expenses up, but don't cut back on your discretionary spending, you're stepping on the road to Debt Hell.

We don't talk about money

How can you have an intimate relationship with a partner and then refuse to talk about your money? All the time I hear people say things like:

- "That's his money. He earned it."
- "She makes more than me, so I don't have the right to ask questions."
- "I try to make a budget, but he just won't have anything to do with it."
- "He has no self-control. We just fight about money all the time."
- "She keeps the stuff she buys a secret. I find things with the tags still on them."

If you love each other enough to make a life commitment, why aren't you willing to talk about managing your money as a team? Perhaps it's because one or both of you don't want to be accountable. Or maybe your self esteem is bruised because your partner makes more and throws his or her weight around.

Divorce

Two people cannot run separate households as cheaply as they can run one, so if you divorce, one or both of you will feel a lot poorer.

It's a sad reality that a huge percentage of households are torn apart emotionally and financially by divorce. Divorce is one of the reasons I think joint credit is a really, really bad idea. That means no joint credit cards. And if you must have a joint line of credit, it should take two signatures to access it. That way one person can't destroy the other financially with silly shenanigans.

Gambling

I can't believe the number of people who blow money on games of chance. From the lottery to the slots, from poker to the casinos, people are dumping millions and millions of dollars they could be using to build their own lives into the profits of those who run the Dream Machine.

Some people have such serious issues with gambling that they lose their homes. Gambling is not the answer to money problems; it is the route to more money problems. And while someone always wins when you gamble, the dice are loaded in favour of The House.

Choices, choices, choices

Going into debt is sometimes a choice. We make the choice when we buy something we can't afford to pay for, every time we don't bother to check to see if we have enough money in the bank to get to the end of the month and every time we waste $5.

Banking on a windfall

Not unlike the gambler, the person who is banking on a windfall doesn't want to have to work as hard as it would take to get the life they want. Count all the people who aren't saving for their retirement in this group. Ditto the people who aren't putting money away for an emergency.

Like magic, money will fall into their laps and they will be able to right all their financial wrongs. Most people who benefit from a windfall end up in debt anyway because they never had the discipline and strategies for money management in the first place.

Sure you can forgo one leg of your financial plan because you're trying to make another stronger — giving up saving until your debt is repaid is the classic example. But don't fool yourself. Like a table with a weak leg, it'll only take a little pressure in the wrong place to make the whole thing fall down.

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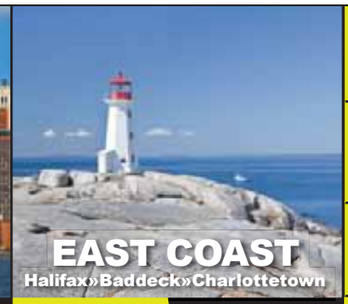

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Colour outside the light lunch lines: Seared Tuna with Mediterranean Salsa

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Tuna and this Mediterranean salsa are the perfect pair.

The best way to have the most tender tuna is to sear the outside and leave the interior slightly pink.

If this is not your style, cook it for longer, being careful not to overcook, since the tuna will dry out. Or, if you prefer to cook a fish all the way through, try replacing the tuna with another firm fish such as tilapia, bassa, swordfish, halibut or cod.

When I buy fresh tuna for cooking, I like to use bluefin tuna, which has dark red flesh that I find to be the most flavourful. Be sure to always buy the fish from a reputable fish store for the freshest tuna possible.

Tuna is rich in high-quality protein and an excellent source of nutrients such as selenium, potassium, magnesium, and of course, omega-3 essential fatty acids, which are known to reduce the risk of heart disease and cancer.

The salsa can be made early in the day, but remove the seeds of the tomatoes.

This dish can be served right off the heat or at room temperature.

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Directions

1. To make the salsa: In a bowl, combine the tomatoes, peppers, onions, olives, lemon juice, feta, olive oil, garlic and oregano together.

2. Either on a barbecue or in a nonstick grill pan sprayed with cooking spray, sear tuna on both sides just until cooked to your preference. Place on a serving dish. Sprinkle with the basil and serve the salsa overtop. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

Salsa
- 1 cup diced plum tomatoes
- 1/3 cup diced sweet green peppers
- 1/4 cup diced green onions
- 3 tbsp chopped black olives
- 2 tbsp fresh lemon juice
- 1/3 cup crumbled reduced-fat feta cheese
- 2 tsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp dried oregano

Tuna
- 6 tuna fillets (about 6 oz each)

Garnish
- 1/4 cup chopped fresh basil

Nutritional information

Per serving
- **Calories.** 241
- **Carbohydrates.** 4.2 g
- **Fibre.** 1 g
- **Protein.** 36.8 g
- **Total fat.** 7.8 g
- **Saturated fat.** 2.1 g
- **Cholesterol.** 74 mg
- **Sodium.** 258 mg

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- Ruth V., Ontario

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From dumpster dives to a biz that thrives

All you Nasty Gals.
Sophia Amoruso shares her unconventional experience as an entrepreneur in #GIRLBOSS

ANDREA PARK
Metro World News

Just 10 years ago, Nasty Gal CEO Sophia Amoruso was dumpster diving, shoplifting, hitchhiking and drifting from job to job. It's safe to say that no one could have guessed Amoruso would become the CEO of a $100-million retail business with more than 350 employees working for her, but in 2006, Amoruso started an eBay store that quickly blossomed into a retail empire.

In addition to Subway sandwich artist, ID checker and CEO, Amoruso can now add author to her resumé: Her memoir and professional advice book, #GIRLBOSS, will be available for purchase tomorrow.

Your book couldn't be more different from Lean In. In fact, you barely talk about male dominance in the workforce. Why is that?
If it's a man's world, who cares? It's kind of like, "Yes, lean in, but you don't need to talk about it." The energy you use talking about it, you could use to actually lean in. I come from a position of being a little bit privileged in that I started my business and worked my way to the top — but not in an organization run by men.

Amoruso paid tribute to her dumpster-diving days during a recent Nasty Gal photo shoot. INSTAGRAM / NASTYGAL

I'm not going to deny that's something that exists for many women, and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you. Just rising to the occasion and thinking, "I'm going to be who I am and be the smart girl I am and talk like I know what I'm talking about, because I do," and gaining respect — that's leaning in.

You don't give steps or a plan to readers on how to be successful. Why is that?
I can just share my experience and I want people to learn from that. You can learn from other people's success and failure. A lot of people are going to tell you how things are in the world and most of them are going to be wrong for you and right for someone else. It's more important that you play to your strengths and put yourself in places that challenge you. If you fail, then you make the choice on whether or not you'll try again.

What do you want to accomplish with your book?
The things I want to manifest are not things I'm acutely thinking about. If my book plants something inside people that's dormant, I hope there's something, some day that benefits them. I don't care if I'm recognized for it or if they even recognize that they learned something because they read my book.

Why did you want to write #GIRLBOSS?
There had been a fair amount of press telling my story from the day I started Nasty Gal on eBay, but there was a lot missing and I was not comfortable telling the whole story in anyone else's words. There's a lot I learned in the years before Nasty Gal and the years after that I wanted to share and put into my own words.

Do you have any tips for young women who feel directionless and don't know what they want to do yet?
You just have to keep trying things. I knew I wanted to be good at something. I thought I was going to be a photographer. Had I tried to control that too much and said, "Screw this eBay thing," I don't know if I would have fulfilled any level of a dream. I don't know if I would have been a successful photographer or done what I did with Nasty Gal. I was open to seeing where life took me.

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'Round the world wisdom

Cement new habits by making them extra sticky

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

They say that preparation is half the battle. In my experience, it is even more. Completing three multi-day desert ultra-marathons was certainly a challenge, but it wasn't anywhere near as demanding as completing the training. Although I was committed to my goal, I needed a strategy to anchor new daily training habits and to keep myself focused when I was aching, confronted with other priorities, out of time, facing bad weather, or simply didn't feel like it.

Remind yourself along the way that your goal is worth reaching. ISTOCK

Early on, I developed tactics like leaving my running shoes next to my bed exactly where my feet would touch the floor when I woke up, or even going to bed wearing my running gear at times. Day to day, I created small reminders to think proactively about the training, such as writing "Gobi" on the bathroom mirror, along with adding recurring "Gobi" reminders to my calendar. I also found an experienced runner who agreed to be my accountability coach to whom I reported myself weekly with progress. Essentially, I had set up a defence perimeter to catch myself before reverting to old habits, while trying to rapidly create new ones.

Although it can take as little as 21 days to create a new habit, the old ones we have are so deeply ingrained that changing them isn't so simple.

As they are borne out of automatisms, the difficulty is often staying the course in the early days long enough to get to that point where the new habit sticks. In order to make it "sticky," it is best to create strategies to help stay the course until we naturally derive more benefits from the new habit than challenges associated with changing the old one. Only then can our intentions become cemented into new habits.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

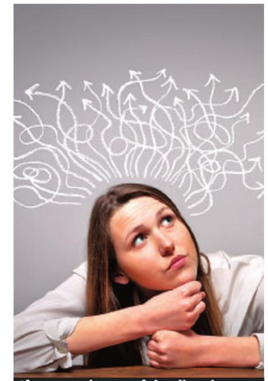
I made a major mistake

Conflicted on campus. You've successfully made it through your first year, but is it possible that you didn't pick the right stream of study?

ELENI DEACON
Metro News

Choosing the right major is not a minor decision. As the school year comes to an end, some students may be questioning whether their selected field of study is the best course for them. And while this dilemma can be tricky, there are many options available to those facing this predicament.

For new scholars, it can be helpful to think of first year as a time for discovery. Dr. Jane Rutherford, an Associate Professor in Biology at Wilfrid Laurier University who also serves as her program's undergraduate academic advisor, urges students to keep their minds open during their early semesters.



If you aren't sure of the direction you're going, don't distress, discuss! ISTOCK

"I tell them first year is about exploring your options and finding out what you enjoy and what maybe you don't enjoy so much," she says. "And I always tell them, 'Don't feel you're locked in to a particular program.'"

This was the case for Rebecca Vandevelde, an alumnus of York University's Glendon College who switched out of International Studies into Drama Studies after her second year when she realized her program's subject matter did not grab her.

"It was not what I thought it was going to be," Vandevelde says. "It was very heavy on political theory, which was interesting for a couple of classes but not what I wanted to focus my degree on. And that gave me the impetus to move."

While Vandevelde says the decision was straightforward, that is not always the case. Joyce Hunter, academic counselling services manager at Queen's University, emphasizes that students who are unsure about their direction should re-evaluate their own motivations, not those of friends or parents.

"They need to do some self-assessment," Hunter says, "Introspective thinking about what their goals are or what kind of career they want, what kind of work they want to do, what kind of lifestyle they want to have. And that involves not just thinking, but (talking) to professionals."

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Texas tussle

Spurs put away Mavericks

Tony Parker scored 32 points and the San Antonio Spurs led by as many as 31 on their way to a 119-96 victory over the Dallas Mavericks, closing out a tense first-round series Sunday in seven games.

The Spurs advance to face the fifth-seeded Portland Trail Blazers.

Dirk Nowitzki had 22 points and nine rebounds to lead Dallas.

THE ASSOCIATED PRESS

Focusing on basketball

Clippers fly in face of distractions

The Los Angeles Clippers initially were reeling after the racial comments by owner Donald Sterling that got him banned from the NBA for life.

The team unified and rallied to beat the Golden State Warriors in seven games, setting up a Western Conference semifinal against Kevin Durant and the Oklahoma City Thunder that starts Monday.

"For us, it's basketball," Clippers point guard Chris Paul said Saturday night after the Clippers' 126-121 win. "I think it just showed our will, our fight, and more so than getting through all that, it was getting through tonight."

Oklahoma City advanced after beating the Memphis Grizzlies in seven games.

THE ASSOCIATED PRESS

Nets suppress Northern Uprising with Game 7 win

Dinos done. Raptors denied second trip to second round of playoffs after losing contest by one point

DeMar DeRozan leaned over Kyle Lowry after the final buzzer sounded to end the Toronto Raptors' season — Lowry was laying distraught on the floor, his face in his hands. DeRozan was above him, speaking with urgency.

It was a moment that said volumes about this young Raptors squad: their unexpected record-breaking season and their thrilling run through the playoffs, and the bonds they built along the way.

"That's my man," Lowry said of DeRozan. "He said, 'If anybody is taking that shot, I'm living and dying with you taking that shot, or trying to attempt to get that shot off.' It was a great brotherly moment."

Lowry, who led the Raptors with 28 points Sunday, had just been blocked on a shot at the buzzer, giving the Brooklyn Nets a 104-103 Game 7 victory and ending the Raptors' first playoff run in six seasons.

"The play was to get me the ball, but they did a good job of trapping me, and I didn't get that shot off that I wanted to get off," said Lowry.

Amir Johnson had a playoff-high 20 points plus 10 rebounds before fouling out of the game with 7:53 to play. DeRozan added 18 points for the Raptors, who were hoping to see the second round of the playoffs for just the second time in the franchise's 19-year history. Patrick Patterson finished with 16 points, while Terrence Ross had 11.

Joe Johnson scored 26 points to lead the Nets, who will face the two-time defending champion Heat beginning Tuesday in Miami. Marcus Thornton finished with 17. THE CANADIAN PRESS

Uncertain future

Not only is the Raptors' season over, so are the contracts of coach Dwane Casey and point guard Kyle Lowry.

- Lowry becomes a free agent on July 1, but when asked about his future, he said his mind was still on the series and its end.

The Nets' Paul Pierce blocks Raptors point guard Kyle Lowry's last-second shot during Game 7 of their first-round playoff series on Sunday in Toronto. The Nets won 104-103. Scan the image with the Metro News app to see the game told in photos. RICK MADONIK/TORSTAR NEWS SERVICE

Final thoughts

"I'm proud of our guys. Nobody gave them a snowball's chance in you-know-where to be here." Raptors coach Dwane Casey

"I can't say some of the things they were calling me out there. You were against not only 15,000 in the building — you were against the 15,000 outside."

The Nets' Paul Pierce on the Raptors and their fans at the Air Canada Centre.

"I can sleep at night knowing he took that shot. I can live with that."

Raptor DeMar DeRozan said teammate Kyle Lowry was the right man to take the final shot.

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Wild in a pickle thanks to Bickell

NHL playoffs. Chicago pulls ahead 2-0 in 2nd-round series thanks to big forward's hustle

Bryan Bickell, left, of the Blackhawks celebrates scoring a goal against the Wild with Marian Hossa on Sunday. THE ASSOCIATED PRESS

Bryan Bickell had an open look on a break in the third period, and shot the puck off the crossbar. He then tried the other side of the ice, and that worked out quite well for him and the Chicago Blackhawks.

Bickell had a goal and two assists, and the Blackhawks beat the Minnesota Wild 4-1 on Sunday to take a 2-0 lead in the Western Conference semi-finals.

Brandon Saad scored his first two goals of the post-season, and Chicago earned its sixth consecutive win despite stretches of lacklustre play in the second and third periods. Corey Crawford made 18 saves in another solid performance.

"There were bits of that third where it wasn't looking good, but we just stuck with it," Bickell said. "Leave it to our D and Crawford to keep the puck out of the net. We need to be smarter defensively in positioning, but we stuck with it and got over the hump."

Cody McCormick scored his second career playoff goal, but Minnesota missed another chance to steal home-ice advantage from the defending Stanley Cup champions.

"We weren't that far off," Wild coach Mike Yeo said. "Even though, again, I know we can play better. We weren't that far off. That game was hanging for us."

The series opener was tied at 2 in the third period before Patrick Kane scored two of Chicago's final three goals in a 5-2 victory on Friday night. Game 3 is Tuesday night in Minnesota.

THE ASSOCIATED PRESS

Penguins vs. Rangers

Kris Letang broke a scoreless tie in the second period and Marc-Andre Fleury made 22 saves for his seventh playoff shutout to lift the Pittsburgh Penguins to a 3-0 victory over the New York Rangers on Sunday night, tying the second-round series one game apiece.

Rasmus triggers Jays' romp

Blue Jays centre fielder Colby Rasmus runs home after hitting a grand slam off Pirates pitcher Edinson Volquez on Sunday in Pittsburgh. Toronto starter Dustin McGowan pitched three-hit ball for seven innings as the Jays won the series finale 7-2. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Premier League

Chelsea's chances all but ended

The Premier League title race is realistically down to Manchester City and Liverpool now, after Chelsea's latest stumble at Stamford Bridge.

Jose Mourinho's team was held to a 0-0 draw by Norwich on Sunday, meaning City and Liverpool would have to lose both of their final games to give Chelsea any hope of capturing the trophy.

Chelsea is a point behind City and Liverpool in third but has only one game remaining with an inferior goal difference.

THE ASSOCIATED PRESS

John Terry reacts to Chelsea's 0-0 draw with Norwich on Sunday in London. GETTY IMAGES

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Horoscopes

♈ Aries
March 21 - April 20
Listen to what a friend tells you and be quick to act on their advice. Even if what they say is not what you were hoping to hear there is a lot of wisdom in their words, not least because they can see what you cannot.

♉ Taurus
April 21 - May 21
Someone in a position of authority will look favourably on you over the next few days and if you are smart, you will get something more out of it than just praise. Ask for a raise or a promotion — or both.

♊ Gemini
May 22 - June 21
Creatively and romantically, the next few days should be good for you. But for best results, you need to be focused. Identify your number one priority and really go for it.

♋ Cancer
June 22 - July 23
You will make efforts above and beyond the call of duty over the next seven days. Not only will you get an extraordinary amount of work done in a remarkably short space of time but it will be quality work too.

♌ Leo
July 24 - Aug. 23
You will be much in demand socially today but you must choose carefully among the many invitations because you won't have the time or the energy to say yes to them all.

♍ Virgo
Aug. 24 - Sept. 23
A family matter you thought was resolved will rear its head today and this time you must make sure it's settled. If you don't lay down the law the issue will continue to nag at you.

♎ Libra
Sept. 24 - Oct. 23
What you have to do over the next few days may not be what you would choose to do but if you approach it in the right frame of mind, it can still be fun. It will also get important people back on your side.

♏ Scorpio
Oct. 24 - Nov. 22
If you do things by the book today, you will get the rewards you deserve. If, however, you try to gain an advantage by cutting corners most likely you will find that your underhand methods rebound on you.

♐ Sagittarius
Nov. 23 - Dec. 21
It's not like you to put practical matters above having fun but you may have no choice over the next 24 hours. Social activities will have to take second place to getting on top of your work and money.

♑ Capricorn
Dec. 22 - Jan. 20
It won't be long before you get the chance to do something out of the ordinary but for the time, be patient. If you make your move too soon, the results may not be as good.

♒ Aquarius
Jan. 21 - Feb. 19
What happens over the next 24 hours will remind you that it is not where you look but how you look that determines the way the world seems to be. Be positive in everything you do.

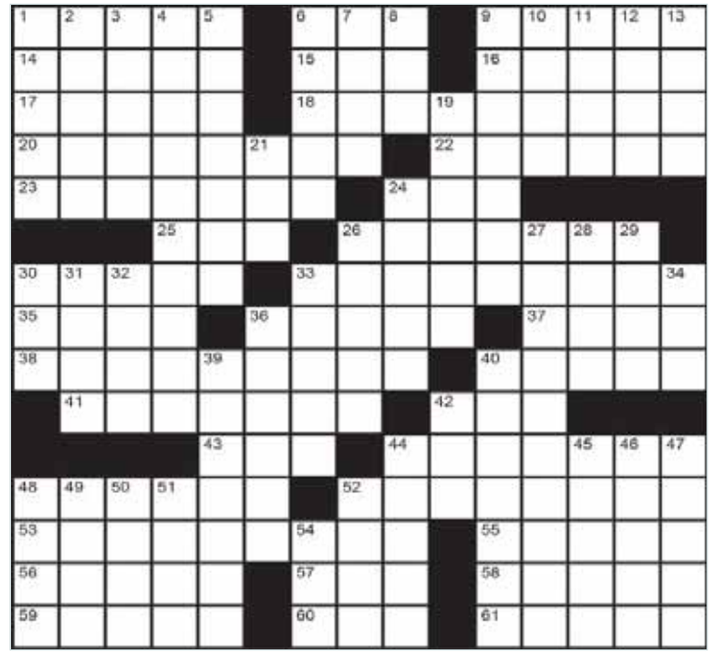
♓ Pisces
Feb. 20 - March 20
If you recently made a promise, to somebody else in a position of power, you must keep it. If you try to back out of the deal it will do your reputation harm.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



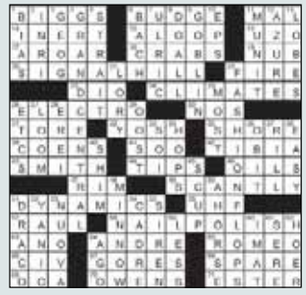
Across

1. Clever
6. Bootcamp officer, briefly
9. Bob of "Full House"
14. Windy City airport
15. Who: French
16. _*__ (Classic arcade game cube-hopper)
17. Choir outfits
18. Alan-and-family's Slice show, "__ Thicke"
20. England born/Canada raised actor Scott
22. Festive decoration
23. Most brief
24. Distant
25. Label
26. Some times
30. Happen
33. They're at the centre of Atlantic Canada's activist-opposed annual hunt: 2 wds.
35. "..._____ I wrong about THAT too??"
36. Robert Service works
37. Verifiable
38. Paul Anka song covered by Donny Osmond: 2 wds.
40. Skincare brand
41. Master bedroom extra
42. __ and Gus, "Cinderella" (1950) mice
43. These: French
44. Elegant court dances
48. 1987 Warren Beatty/Dustin Hoffman movie
52. Did in an unprepared manner: 2 wds.
53. "The Boys in the Bright White ____" by Trooper
55. Prefix to 'foam'
56. Olympic legend Ms. Comaneci
57. Smash song
58. Complete
59. Ian or Sylvia
60. Shakespearean suffix
61. Arctic explorer, Robert E. __ (b.1856 - d.1920)

Down

1. Least best
2. Elton John's "Your Song" bit: "_ __ you don't mind..."
3. Southern Alberta town
4. Big Joe Mufferaw's work remnants: 2 wds.
5. "Alright, honey.": 2 wds.
6. Gym move
7. Style expert Tim
8. Ancient war god
9. Early band for Neil Young, The __
10. Impose ___ (Outlaw something)
11. Dr. Scholl's products
12. Writer Mr. Stanley Gardner
13. Texter's "Bye for now."
19. Calgary footballers, to fans
21. Food additive
24. Evita song: "Don't Cry __ __ Argentina"
26. Irish writer Ms. Binchy
27. Web courtesy
28. Root vegetable
29. Smirch
30. Alley __ (Comic strip classic)
31. Motley __
32. __'_ Crunch (Cereal)
33. Jeers
34. View
36. Toolbox grippers
39. __ Peninsula
40. Smashes: 2 wds.
42. "Lost" character played by Daniel Dae Kim
44. Gleefulness
45. "Dancing with the Stars" alum Ms. Sliwinska
46. Making-one-sleepy thingy
47. Tale
48. "Say it __ so!"
49. __ or neuter
50. Brick carriers
51. Rush, for example
52. Lineup lag
54. "Evita" (1996) role

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8	2					3	
4					2		7	
5			9		8	1		
	1			3		5		2
2		7		1			6	
		4	5		1			3
	7		2					8
	6					2	4	

Friday's Sudoku

5	1	3	9	4	6	7	8	2
7	4	8	5	6	2	3	9	1
9	6	2	3	7	1	4	6	5
4	2	7	8	5	9	6	1	3
8	5	6	7	1	3	9	2	4
3	9	1	6	2	4	8	5	7
1	8	4	2	9	7	5	3	6
2	3	5	4	8	6	1	7	9
6	7	9	1	3	5	2	4	8

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